

The Top Eleven ADD Games

(often used by Children but not limited to them)

Excerpt from "The Scoutmaster's Guide To ADD"

1. Raise Voice or Start Yelling. number one in the book of tricks and distractions. (If you raise your voice, you will probably lose this game, most of all remain calm.)
2. The "Why" Game: this one can go on forever. The bottom line is, why does not matter, only what happened, i.e. did you do it or did you not? If not, tell them step one is . . .
3. The Comparison Ritual: "yesterday we did it like this" or "Joe did it like this, so that's how I have to do it".
4. This is OK, generally lying saying it was done or didn't need to be done, any one of hundreds of available rationalizations.
5. You didn't say it exactly right, agreeing but not really agreeing: But you didn't say "WRITE" it in my book, you only said to do it. But, you didn't ask me if there was a reading assignment, you only said to do my homework. (This can go on and waste time forever.)
6. But so and so said this is what I needed to do. The local "free-floating" authority, it doesn't matter who it is, anyone but you. This ties in with the "you didn't say it exactly right" way of thinking. Average people would call this another form of procrastination; some people would call it outright lying.
7. I can do it later. Of course they can do it later but with ADD later means never. There is always more work or interesting things to do. The longer it gets from the time the task or project was assigned, the more difficult it is for the ADD affected individual to complete.
8. Changing the subject no matter what we are talking about, throwing in some topic that is unrelated but acting as if it is important.
9. I understand it better than you. This may or may not be true, usually you understand that something needs to be done and done now. This is another form of procrastination.
10. But I don't have my . . . (whatever it is). You know this one. First check, they probably have it somewhere (hidden). Second, if they do not have something they need, they need to accept the consequence, compensate for it and get the job done.
11. "If this goes on long enough, I know I can wear them down and they will give up and leave me alone" The most popular one of all! (I can hold out longer than them. . .)

